



# CAPE COD BAGEL CAFE



419 Palmer Avenue • Falmouth • MA ESPRESSO • CAPPUCCINO 508.548.8485 • 6:30AM - 5:30PM DAILY

••• SPECIALTY BAGELS ••• SANDWICHES ••• SIGNATURE SPECIALTIES ••• SALADS •••

## BAGELS

Italian, Orange Cranberry, Plain, Marble, Whole Wheat, Cajun, Cinnamon Raisin, Poppy, Spinach & Garlic, Garlic, Onion, Egg, Pumpernickel, Salt, Blueberry, Sesame, Everything

BAGELS 1.19 EA

Honey Granola Bagel, Asiago Cheese Bagel, French Toast Bagel .10 extra

One FREE with every dozen 11.99  
(.10 extra for specialty bagels)

## BAKERY

Assorted specialty cookies, muffins, cakes & squares.  
Varieties available daily and for special order.

Cookies- Assorted varieties .95 ea Muffins - Large \$2.15

## BREAKFAST ALL DAY LONG

Bagel with Scrambled Egg: 3.49

1 Egg 3.49

Ham, Bacon, Sausage or Turkey Sausage 3.99

With Cheese add .50

Bagel with:

Butter or Margarine 2.99

Peanut Butter 2.99

Jelly - Grape or Strawberry 3.29

Peanut Butter & Jelly 3.89

Honey 3.29

Bagel with Cream Cheese:

Plain Cream Cheese 3.59

Flavored Cream Cheese 3.79

Lite Flavored Cream Cheese 3.79

Cream Cheese w/ Lox, Tomato & Onion 7.49

Cream Cheese & Jelly 3.99

Cream Cheese & Fresh Veggies (2) 4.09

## BREAKFAST SPECIALTIES

**Banana Butter Bagel** 3.79  
Peanut butter and sliced banana drizzled with honey and a taste of cinnamon

**Log Cabin** 4.49  
Sausage, egg and cheese on a French Toast bagel with Maple Syrup on the side

**Banana Split** 4.49  
Plain Cream Cheese, fresh bananas, strawberry jam on a bagel of your choice

**Fiesta Bagel** 4.69  
Sausage, egg and peppers and onions with melted Pepper Jack Cheese

**South of the Border** 4.49  
Jalapeño Cream Cheese, egg with tomato and melted Pepper Jack or Cheddar Cheese

**Brick Oven Cinnamon Swirl Bread** 2.69  
w/Butter

**Egg & Cheese Strata** 3.79  
Hot baked egg and cheese w/ tuscan bread

**Egg, Cheese, and Bacon Strata** 4.49  
Hot baked egg, cheese and bacon with tuscan bread

## YOGURT & FRUIT

**Chappaqua Crunch** 4.89  
Organic Stonyfield Farms light vanilla yogurt, juicy fruit chunks topped with our homemade, toasted, all natural granola

**Fruit Cup** 4.89  
Cut fresh daily watermelon, cantaloupe and honeydew, with papaya, pear, peach, grapes and pineapple

## HOMEMADE SOUPS

Four to Ten Varieties Daily

8 oz. ....\$3.99 16 oz. ....\$4.99

Award Winning Clam Chowder, Chili, Gumbo and Specialty Soups

8 oz. ....\$4.39 16 oz. ....\$5.49

## SANDWICHES

Served with chips, potato salad or coleslaw

Tuna 7.99

Dijon Egg Salad 7.29

Chicken Salad 7.99

BLT 7.29

Bacon & Cheese 6.89

Swiss, American, Provolone or Cheddar 7.29

Ham & Cheese 7.29

Turkey - Oven Roasted 7.99

Turkey Club 8.29

Hot Pastrami 8.29

Roast Beef 7.99

Veggie Burger 7.29

Vegetarian Bagel 6.99

Vegetarian Bagel Melt 7.29

**Add Cheese:** Swiss, American, Provolone, Cheddar or Pepper jack add .50

**Add-ons:** Pesto, olive tapenade or caramelized onions add .50

**Bread:** Wheat, 7-grain, white, marble rye, crusty sub roll

**European Tuscan Bread:** add .50

**Wraps:** All natural: plain, whole wheat, spinach, add .50

**Mustards:** Grey Poupon, honeycup, yellow or spicy brown

**Spreads:** Hellman's mayo, horseradish spread or lite mayo

**The Rest:** Lettuce, tomato, red onions, sprouts, pickles, hot peppers, cucumbers & carrots

## SALADS

Served on a bed of crisp romaine and baby greens

**Fresh Garden Salad** 6.49  
Sweet tomatoes, cucumbers, shredded carrots, green peppers, red cabbage & Asiago cheese

**With grilled chicken** 8.29

**Half Garden Salad** 4.49  
All of the goodies at a bit more than half the size

**Granny's Tuna** 7.99  
Tuna salad with Granny Smith apples & sharp cheddar cheese served with sweet tomatoes, cucumber & shredded carrots

**Nonni's Chicken** 8.29  
Italian marinated chicken breast with Feta cheese, kalamata olives, cucumbers, tomatoes, green peppers

**Buffalo Tom Salad** 7.99  
Fresh mozzarella and sweet tomatoes, finished with cracked pepper and balsamic vinaigrette

**Clover Chicken Salad** 7.99  
Chicken coated with gorgonzola dressing, dried cranberries, celery & walnuts with cucumbers, tomatoes and green peppers

**Bourbon Street Turkey Tips** 8.29  
In a tasty bourbon marinade with mandarin oranges, tomatoes, cucumbers, shredded carrots & green peppers

**Chicken Caesar Salad** 7.99  
Chicken strips, Asiago cheese & Tuscan Caesar dressing

**Mild Curried Chicken Salad** 7.99  
Sweet tomatoes, cucumbers and shredded carrots

**Dressings:** Balsamic, Tuscan Caesar, Caribbean Mango Vinaigrette, Zinfandel Vinaigrette, and most of the other usual dressings.

## DAILY SPECIAL

Half of Sandwich & Cup of Soup 7.29

Small Salad & Cup of Soup 7.29  
add .50 for Chili, Chowder

Pizza Bagel Half 2.29 Whole 3.59

Bagel Dog (Kosher) 3.99

Chili Bagel Dog (Kosher) 4.99

## SIGNATURE SPECIALTIES

Served with chips, potato salad or coleslaw

**Sassy Turkey Wrap** 8.49  
Turkey, roasted red pepper, provolone, pesto & horseradish spread

**Clover Chicken Wrap** 8.49  
Chicken breast and gorgonzola cheese spread, dried cranberries, chopped celery, and walnuts with lettuce and tomato on your choice of wrap

**Mild Curried Chicken Wrap** 8.49  
With cucumbers and lettuce on a wrap of your choice

**Turkey Tapenade** 8.49  
Oven roasted turkey, provolone cheese, spread with olive tapenade on a bed of lettuce & tomato on a bagel

On a wrap or Tuscan 8.49

**Turkey Pesto** 8.49  
Oven roasted turkey, cheddar cheese & tomato on Tuscan bread with pesto sauce

**Granny's Tuna** 8.49  
Granny Smith apples and tuna with a wee bit of Hellman's Mayonnaise on your choice of wrap or Tuscan bread

On a bagel 8.49

**North End Sausage** 8.49  
Sweet Italian Sausage (the real thing), sautéed green peppers and onions on a sub roll

**Steak & Cheese** 8.49  
Shaved steak, your choice of cheese and caramelized onions or sautéed green peppers and onions on a sub roll.

**Chicken Fajita Wrap** 8.49  
Chicken strips, sautéed peppers & onions, lettuce, tomato salsa, sour cream & melted Pepper Jack Cheese

**Chicken Caesar Salad Wrap** 8.49  
Chicken strips, Asiago cheese, lettuce and Tuscan Caesar dressing on your choice of wrap

**Vegetarian & Hummus Wrap** 8.49  
Hummus, lettuce, tomato, sprouts, cucumbers, pickles, red onions & hot peppers

**Middle Eastern Wrap** 8.49  
Hummus, tabouli, baba ganouj, shredded carrots, sprouts & olive tapenade on your choice of wrap

**Spicy Thai Tofu Wrap** 8.49  
Organic tofu marinated in a spicy peanut and toasted sesame sauce with lettuce, tomato and sprouts

**Virginia Baked Ham Wrap** 8.49  
Lite garlic & herb cream cheese, lettuce, tomato & sprouts

**Oven Roasted Turkey** 8.49  
Scallion & chive cream cheese, lettuce, tomato & sprouts

**Roast Beef & Lite Garlic & Herb Cheese** 8.49  
Lettuce & Tomato

**Roast Beef & Russian Dressing** 8.49  
Lettuce & Tomato

**Grilled Chicken** 8.49  
Caramelized onions, lettuce and tomato

**Wraps:** Are all natural in your choice of whole wheat, plain, spinach

**Cheeses:** American, provolone, cheddar, swiss or pepper jack

WE CATER WEDDING BRUNCHES & ANY OTHER SPECIAL OCCASION

ENJOY OUTSIDE SEATING IN OUR COURTYARD GARDENS

PRICES SUBJECT TO CHANGE